

June Hunt *on* Guilt

Providing God's Truth for Today's Problems



Dear Friend,

Are you in an emotional battle because of guilt? Is your guilt a loving instrument of God – used to convict, correct and conform your character when you stray the wrong way? Or, do you battle feelings of shame and condemnation when guilt appears?

The Bible says ... “*Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death*” (2 Corinthians 7:10). Realize, both true guilt and false guilt exist, and the differences are great. ...

True Guilt is:

- Based on fact, not on feelings
- Results in godly sorrow over sin
- Brings conviction from the Spirit of truth and results in repentance
- Accepts forgiveness
- Leads to freedom as your relationship with God is restored

False Guilt is:

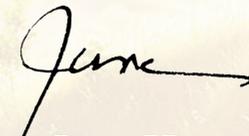
- Based on feelings, self-condemning *feelings* that you have not lived up to your own expectations or those of someone else
- Arises when you blame yourself, even though you've committed no wrong, or after you've confessed and turned from your sin
- Keeps you in bondage to three destructive weapons – shame, fear and anger
- Brings condemnation from your adversary Satan
- Results in depression and alienation from God and others

True guilt is your friend, a godly companion who whispers truth and motivates you to repent and be set free. False guilt is a relentless foe. All too often, guilt is the unseen enemy ... an adversary to your God-given value and worth. When you feel guilty, learn to discern: Are you facing a friend or fighting a foe?

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The next time you struggle with feelings of guilt, determine whether it is true or false guilt. Then, remember God's truth ... “*There is now no condemnation for those who are in Christ Jesus*” (Romans 8:1).

Yours in the Lord's hope,


June Hunt

June Hunt, *Guilt: Living Guilt Free*, Biblical Counseling Keys Library (Dallas, Hope For The Heart, 2017), 1, 2 11-12.

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